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HEALTH TIP: Pomegranates, which are high in minerals, boost resistance during the monsoon

Jamuns are low in calories and high in minerals such as iron, folate, potassium, and vitamins

BangaloreMirror
Thursday, July 18, 2024
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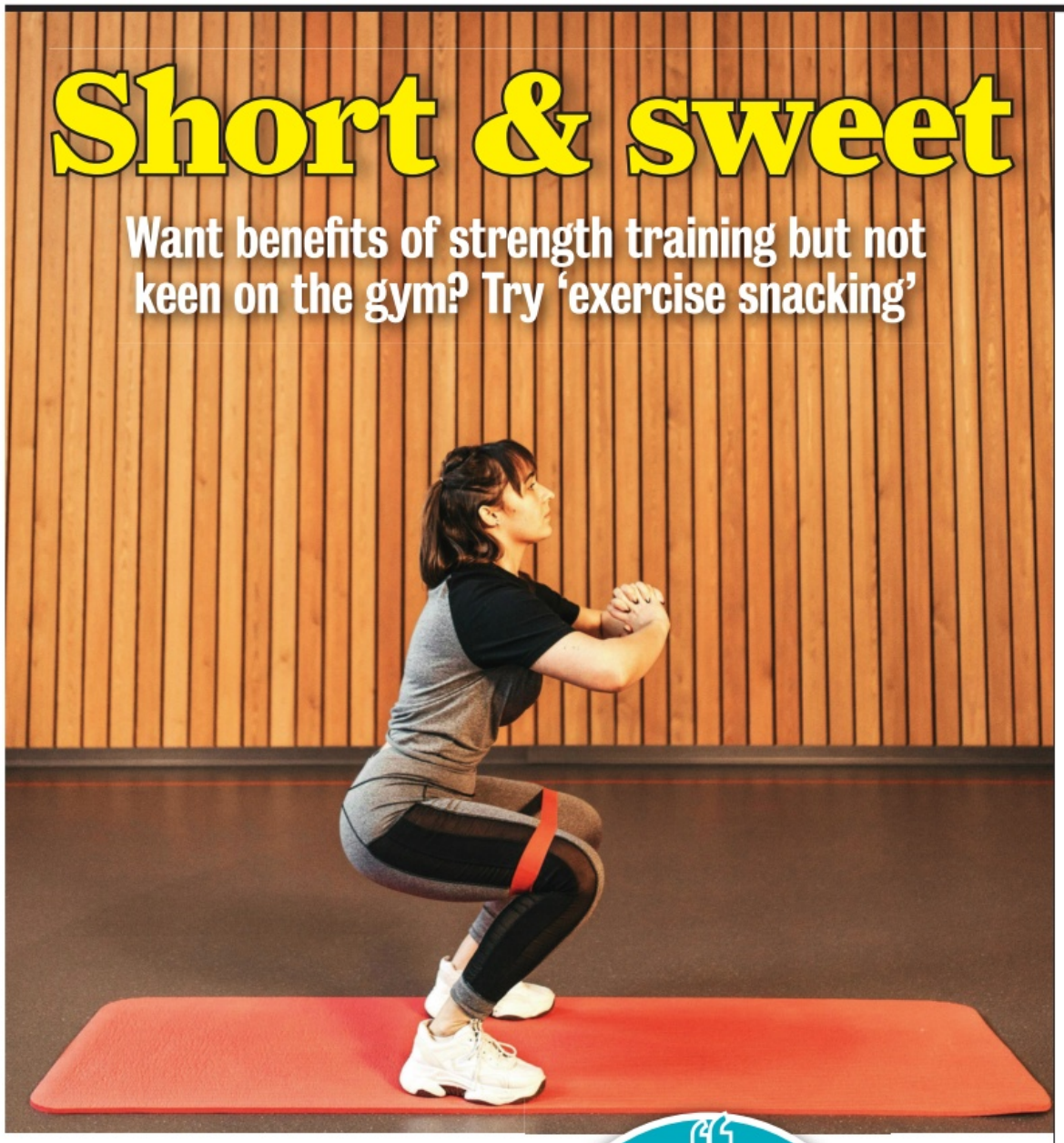
Short & sweet

Want benefits of strength training but not keen on the gym? Try 'exercise snacking'



The science is clear: resistance training is crucial to ageing well. Lifting weights (or doing bodyweight exercises like lunges, squats or push-ups) can help you live independently for longer, make your bones stronger, reduce your risk of diseases such as diabetes, and may even improve your sleep and mental health.

But not everyone loves the gym. Perhaps you feel you're not a "gym person" and never will be, or you're too old to start. Being a gym-goer can be expensive and time-consuming, and some people report feeling unwelcome or awkward at the gym.

The good news is you don't need the gym, or lots of free time, to get the health benefits resistance training can offer.

You can try "exercise snacking" instead.

What is exercise snacking?

Exercise snacking involves doing multiple shorter bouts (as little as 20 seconds) of exercise throughout the day – often with minimal or no equipment. It's OK to have several hours of rest between.

You could do simple bodyweight exercises such as:

- chair sit-to-stand (squats)
- lunges
- box step-ups
- calf raises
- push-ups.

Exercise snacking like this can help improve muscle mass, strength and physical function.

It's OK to hold onto a nearby object for balance, if you need. And doing these exercises regularly will also improve your balance. That, in turn, reduces your risk of falls and fractures.

> **Exercise snacking involves doing multiple shorter bouts (as little as 20 sec) of exercise throughout the day – often with minimal or no equipment**

OK I have done all those, now what?

Great! You can also try using resistance bands or dumbbells to do the previously mentioned five exercises as well as some of the following exercises:

- seated rows
- chest and shoulder presses
- bicep curls
- knee extensions
- leg curls.

When using resistance bands, make sure you hold them tightly and that they're securely attached to an immovable object.

Exercise snacking works well when you pair it with an activity you do often throughout the day. Perhaps you could:

- do a few extra squats every time you get up from a bed or chair
- do some lunges during a TV ad break
- chuck in a few half squats while you're waiting for your kettle to boil
- do a couple of elevated push-ups (where you support your body with your hands on a chair or a bench while doing the push-up) before tucking into lunch
- sneak in a couple of calf raises while you're brushing your teeth.

What does the evidence say about exercise snacking?

One study had older adults without a history of resistance training do exercise snacks at home twice per day for four weeks.

Each session involved five simple bodyweight exercises (chair sit-to-stand, seated knee extension, standing knee bends, marching on the spot, and standing calf raises). The participants did each exercise continuously for one minute, with a one-minute break between exercises.

These short and simple exercise sessions, which lasted just nine minutes, were enough to improve a person's ability to stand up from a chair by 31% after four weeks (compared to a control group who didn't exercise). Leg power and thigh muscle size improved, too.

Research involving one of us (Jackson Fyfe) has also shown older adults found "exercise snacking" feasible and enjoyable when done at home either once, twice, or three times per day for four weeks.

Exercise snacking may be a more sustainable approach to improve muscle health in those who don't want to – or can't – lift heavier weights in a gym.

A little can yield a lot

We know from other research that the more you exercise, the more likely it is you will keep exercising in future.

Very brief resistance training, albeit with heavier weights, may be more enjoyable than traditional approaches where people aim to do many, many sets.

We also know brief-and-frequent exercise sessions can break up periods of sedentary behaviour (which usually means sitting too much). Too much sitting increases your risk of chronic diseases such as diabetes, whereas exercise snacking can help keep your blood sugar levels steady.

Of course, longer-term studies are needed. But the evidence we do have suggests exercise snacking really helps.

Why does any of this matter?

As you age, you lose strength and mass in the muscles you use to walk, or stand up. Everyday tasks can become a struggle.

All this contributes to disability, hospitalisation, chronic disease, and reliance on community and residential aged care support.

By preserving your muscle mass and strength, you can:

- reduce joint pain
- get on with activities you enjoy
- live independently in your own home
- delay or even eliminate the need for expensive health care or residential aged care.

What if I walk a lot – is that enough?

Walking may maintain some level of lower body muscle mass, but it won't preserve your upper body muscles.

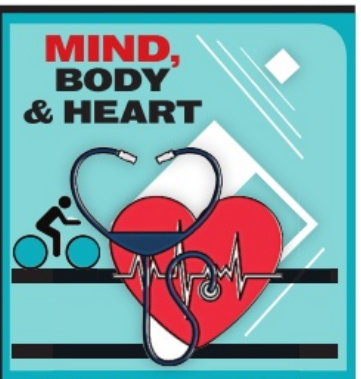
If you find it difficult to get out of a chair, or can only walk short distances without getting out of breath, resistance training is the best way to regain some of the independence and function you've lost.

It's even more important for women, as muscle mass and strength are typically lower in older women than men. And if you've been diagnosed with osteoporosis, which is more common in older women than men, resistance exercise snacking at home can improve your balance, strength, and bone mineral density. All of this reduces the risk of falls and fractures.

You don't need heavy weights or fancy equipment to benefit from resistance training.

So, will you start exercise snacking today?

(By Justin Keogh, Bond University and Jackson Fyfe, Deakin University, The Conversation)



All you need to know about...

Weight gain in youth

Weak hearts

People who gain excess weight from their 20s are likely to have weaker hearts by the time they reach their 60s, according to a study.

Pumping flaw

Scientists from the University College London (UCL) verified this by examining the links between weight gain in young and middle-aged adults and enlarged hearts that pump blood less well. This is over and above the effect of being overweight in later years, they said in the paper, published in the European Heart Journal.

Alun Hughes, Professor of Cardiovascular Physiology and Pharmacology at UCL noted that early weight gain causes heart damage beyond the effects of being overweight later in life.

Early stages of adult life

He said that while it is known that "being overweight is associated with poorer heart health, we know little about the long-term relationship between being overweight over the adult life course and subsequent heart health". Hughes noted that the research aimed "to look at whether being overweight at earlier stages of adult life showed lasting associations with poorer heart health irrespective of people's weight in later life".

Study details

The study included 1,690 people born in England, Scotland, and Wales in 1946. Researchers found that elevated BMI from age 20 onwards led to higher left ventricular mass in individuals in their 60s, indicating poor heart health and increased mortality risk. A five-unit higher BMI at age 43 correlated with a 15 per cent or 27-gram increase in left ventricular mass. They added that the study included mostly white European people, so it may not apply to the global population, although Professor Hughes said there is a close link.

–IANS

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SAFE COUNSEL

'No use asking children to come to taluk, district hospitals for counselling, sessions must be facilitated at educational institutes'

PAGE 2

GREENER TRACK

National Green Tribunal takes cognisance of number of trees to be axed for suburban rail, wants agencies to respond to fears

PAGE 5

No waste has been sent to Mandur for past three days so as govt hunts for new landfill sites, city sees trash piling up

THE WASTE LAND

It would take at least 3 years to process waste at Mandur landfill

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If you are noticing trash piling up at every nook and corner, it is because waste disposal to the Mandur landfill has been halted. Deputy Chief Minister DK Shivakumar stated that no waste has been sent to Mandur for the past three days, which has forced the government to search for new landfill sites. There is a proposal to relocate trash disposal sites outside Bengaluru. Discussions are also underway with NICE company for dumping trash at a vacant site next to NICE Road.

It may be noted that there is so much trash piled up at Mandur that it could require at least three years before the waste at this landfill is completely processed, leaving residents in and around the area with no choice but to keep patience for such an extended period.

Currently, the Benglauru Solid Waste Management Limited (BSWML) is actively managing the substantial waste heap using bio-mining facilities. Bio-mining is a sustainable method that stabilises old landfill waste by extracting valuable resources, promoting

CONTINUED ON PAGE 4 »

KAUSHIK JN

"About 4 lakh metric tonnes of waste have already been processed at Mandur. However, we anticipate another nine months to complete this phase. Nevertheless, there are still 6 lakh tonnes of waste awaiting processing" BSWML official

Who will watch the forests?

Wildlife at risk with just 185 of 1,892 posts of forest watchers filled in state

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Going by the number of regular frontline staff in Karnataka Forest Department (KFD), wildlife in the state are sitting ducks for poachers.

According to information provided by KFD, the number of occupied posts of forest watchers is at an all-time low. While the total number of sanctioned posts is 1,892, only 185 (less than 10%) are occupied so far, leaving more than 90% of positions vacant.

In 2016-17, while the department had 1,177 sanctioned posts for forest watchers, 981 were occupied (83%). However, this number has continued to drop since then.

In 2018-19, while 56% of the positions were occupied, it went down to 37% in 2020-21, followed by 17% of the posts occupied in 2021-22 and 13% in 2022-23 (out of 1892 sanctioned posts, 241 were occupied and 1,651 were vacant).

Experts say the large number of

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Theatrical watch

What happens when stereotypes no longer fit into their boxes? Find out as clothes, rods, and clothes-hangers come to life in 'Pinkoblu,' a theatrical puppetry performance by Anita Bertolami. Without language but with humour and through the use of object manipulation, this show tells the story of gender, injustice, and the search for equality. It is a performance full of hope for a fairer future with the certainty that, if we believe in them enough, dreams can come true. **Where: Ranga Shankara, JP Nagar; When: July 18, 7:30 pm**

02 Laugh out loud

Get ready to laugh out loud this weekend as iconic stand-up comedian Harsh Gujral will set the stage on fire with comedy. Renowned for his sharp wit and relatable humour, he has become a household name in the comedy scene with his unique ability to connect with audiences through his clever punchlines and impeccable delivery. One can look forward to an unforgettable experience as Harsh brings his comedic genius to life, drawing from his diverse experiences and observations. **Where: Fan Park, 2nd Floor, Phoenix Mall of Asia; When: July 19, 8 pm onwards**

03 Classical dance recital

Watch "Raj Natyanjali," a classical dance recital in the memory of the fur angels presented by Mani Nata Raja Nrithya Pradhesham in association with Atta Galatta towards animal welfare. The classical evening showcases two styles: Bharatanatyam and Mohiniyattam, by the curator Manimaran Ilangovan, along with his disciples Deepu, Sonika, Bavya, Aura, Aruthira, Yazhmozhi, and Raina. **Where: Atta Galatta, Indiranagar; When: July 20, 7 pm**

Child rights activists push for counsellors in schools

'In-school counsellors can provide consistent support, build trust, foster safe & supportive environment for students'

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File photo of a counselling session for the well-being of students at a government school

The appointment of counsellors at government schools was one of the many demands made by children during the recently held Child Rights Parliament. However, child rights activists are urging the government to take measures to have counsellors at government schools and colleges on a regular basis.

On November 21, 2023, after a hiatus of five years, the Child Rights Parliament was convened. Around 60 children assembled at Vidhana Soudha and submitted a memorandum to the government, highlighting the critical matters concerning their development and welfare. The Chief Minister, Siddaramaiah, was expected to be present but was unable to attend the event due to other important commitments.

The Child Rights Parliament serves as a platform for children to express their views and participate in decision-making processes that affect their lives. The event's success after a five-year gap demonstrates the importance of regularly engaging children in such forums to ensure their rights and needs are adequately addressed.

Counselling facilities

Seven months after receiving the memorandum, the government has responded to the children's appeal for counselling facilities. Commissioner of Health and Family Welfare Department D Randeep wrote a letter on July 12 to the Health and Family Welfare Principal Secretary, stating, "High school and college students can avail themselves of counselling from counsellors and doctors at taluk and district hospitals under the District Mental Health Programme and Taluk Mental Health Programme, which are implemented in all districts and the Bruhat Bengaluru Mahanagara Palike (BBMP) on Tuesdays and Fridays. Children suffering from mental health problems can also avail themselves of counselling from the doctors of a nearby hospital or medical college free of charge."

Need for in-school counsellors

Activists believe that no student will come forward to seek counselling on their own. Acknowledging the Health Department's prompt response to the need for counsellors in schools, Nagasimha G Rao of the Child Rights Trust stated that what children really need are counsellors who are present and accessible within the school premises, rather than just being available outside of school. "In-school counsellors can provide timely and consistent support, build trust, and foster a safe and supportive environment for students. We appreciate the department's efforts and look forward to continued collaboration to ensure the well-being and holistic development of our children," Rao added.

Expressing a similar opinion, Child Rights Trust state coordinator Kalakappa B Sangannavar stated that having counsellors at schools would greatly benefit students from economically weaker families. "Counsellors can monitor the growth and development of students at government schools. Not many students like to disclose their mental and psychological issues," he said.

Welcoming the health department's arrangement for counselling students, Dr Sanjeev from NIMHANS said, "Counsellors at schools can evaluate the growth and development of students. It helps students not only to improve academically but also to maintain health," he added. The Karnataka Child Rights Commission chairperson, Naganna Gowda, has expressed that having counsellors at schools would contribute to the overall growth of children. "It will be difficult for students to visit taluk or district hospitals on Tuesdays and Fridays. I will write a letter to the education department to appoint counsellors at all schools and colleges," Gowda said.

Youngsters chase perfection through procedures

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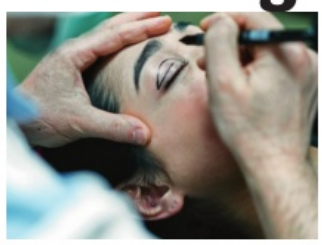
In the recent past, there has been a significant increase in the number of youngsters opting for body contouring procedures through cosmetic and plastic surgery. This is a growing trend that doctors are witnessing across the country, attributed to not only the social media aspect but also to the fact that body shaming has also been on the rise, especially in the younger generation.

Peer pressure, societal influences, and the fact that most youngsters today are virtually public are some of the main reasons why they opt for these procedures. They believe that merely looking young is not good enough; a sculpted look is their mantra. Some of the procedures they opt for include liposuction, tummy tucks, butt lifts, liposuction, breast implants, hair transplants, abdominoplasty, rhinoplasty, etc.

According to Dr. Ragavendra Kaladagi, Cosmetic and Reconstructive Surgery, Trilife Hospital, the whole focus of plastic surgery has shifted from looking younger to looking in shape. Youngsters in this age group (18–30) are usually coming in before entering a new phase in their lives—starting college, a new job, or getting married. "We have seen an increasing number of youngsters opting for corrective surgeries over the last eighteen months. In fact, that number could well be around the 25 per cent mark. Today, young adults under 30 make up almost 65 per cent of the OPD patients. While some individuals have genuine reasons for these



requests, there is also a growing number who seek surgery due to perceived flaws or comments from others. Most of these patients are young women."

Dr Ramanjanayalu, a dermatologist and cosmetologist at Dr Ram's Skin Remediez, is of the opinion that social media is the most influential factor for youngsters opting for body contouring procedures. "The way they look on Instagram, Facebook, etc increases their following and the number of likes. This often leads to obsession, as many of these procedures are temporary and last only a few months to a year. We are seeing a 20 per cent increase in men and a 40 per cent in women opting for cosmetic procedures post Covid."

"Young people must carefully consider their motivations, potential risks, and long-term implications before embarking on any surgical or non-surgical procedure. Ultimately, self-confidence should stem from within, and cosmetic surgery, if chosen, should be a tool for self-expression, not a shortcut to happiness. While plastic surgery has evolved with more effective technology, faster recovery times, and longer-lasting results, it is important to note that body-altering surgery should be considered only when conventional weight loss and diet do not work. We do not recommend cosmetic plastic surgery for individuals below 18 years of age." Dr. Kaladagi added.

That is not a traffic challan, it's a con

Report reveals Vietnamese hackers behind fraud e-challan messages that lead to phones being hacked

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If you think mobile phones are comparatively safer than computers when it comes to malware attacks, think again. According to a recent survey, mobile phone users in Karnataka in general and Bengaluru in particular have reported the second highest number of malware attacks on their phones.

Data theft

As previously reported by Bangalore Mirror, many users are receiving fraudulent WhatsApp messages delivering malicious APKs, a scheme now attributed to Vietnamese hackers.

According to a report by CloudSEK, there is a highly technical Android malware campaign targeting Indian users through fake traffic e-challan messages on WhatsApp.

Scammers scare their targets by sending fake e-challan messages impersonating the Parivahan Sewa or Karnataka Police, tricking victims into installing a malicious app that steals personal information and facilitates financial fraud.

This malware, part of the Wromba family, has infected over 4,400 devices and led to fraudulent transactions exceeding Rs. 16 lakh by just one scam operator, with many other scammers using similar tactics.

Click for danger

CloudSEK's report reveals that clicking the link in the message leads to downloading a malicious APK disguised as a legitimate application. Once installed, the malware requests excessive permissions, including access to contacts, phone calls, SMS messages, and the ability to become the default messaging app.

> **"The malware hides itself in the device's settings, making it difficult to detect, and uses AES encryption to evade analysis**

The malware compromises the device by intercepting OTPs and other sensitive messages, allowing attackers to log into victims' e-commerce accounts, purchase gift cards, and redeem them without a trace.

The attackers use proxy IPs to avoid detection and maintain a low transaction profile to evade fraud detection mechanisms.

Mal intent

Once installed, it steals and forwards data to a Telegram bot controlled by the attackers. To date, 4,451 devices have been infected, and attackers have accessed 271 unique gift cards, conducting transactions worth Rs 16,31,000. Gujarat has been identified as the most affected region, followed by Karnataka.

In the settings

"The malware hides itself in the device's settings, making it difficult to detect, and uses AES encryption to evade analysis.

It forwards stolen data to Telegram and uses Firebase buckets for additional configuration settings. Attackers gain access to victims' phone numbers and SMS messages, log into their e-commerce and payment apps using intercepted OTPs, and purchase and redeem gift cards to avoid direct fund transfers. Researchers have traced the attackers to Bac Giang Province in Vietnam, identifying them as Vietnamese based on conversations and IP addresses.

Vietnamese hackers using the 'Maorris Bot' are fueling the WhatsApp e-challan scam in India, as detailed by CloudSEK," the report added.

Gig workers up to the task

A staggering 78.57% of employers find gig workers meeting or exceeding job expectations, according to a report titled 'Gig Economy Skills: Equipping Youth for Freelance and Flexible Work' by TeamLease EdTech. The report also emphasised the crucial role of technical proficiency, with 75.90% of employers identifying technical skills as the most critical for gig workers, highlighting the growing dependence on technology across various industries.

Communication skills closely follow, with 68.67% of respondents stressing the significance of remote collaboration and meeting client expectations. The report is based on survey data from 837 employers across different sectors.

Regarding experience, the study shows that 67.86% of employers prefer gig workers with 1–5 years of experience, suggesting a preference for fresh perspectives combined with practical knowledge.

Digital literacy emerged as a must-have, with over 90% of respondents emphasising on its importance in the largely digital gig economy.

For skill development, on-the-job training (76.19%) and online courses (73.81%) were identified as the most favored methods. The most common skill gaps among new gig workers include industry-specific knowledge (42.86%) and soft skills (28.57%). Employers seek gig workers possessing a blend of domain knowledge, technical skills, and strong soft skills to effectively handle clients.

"The gig economy is not just the future of work but rather our present," Shantanu Rooj, Founder and CEO of TeamLease EdTech, said in a statement. "However, the emphasis on both technical and soft skills highlights the complex demands of this new work paradigm.

With over half of employers prioritising AI and automation skills, it's clear that continuous upskilling is not just beneficial, it's essential." Jaideep Kewalramani, COO and Head of Employability Business, added, "Our study reveals a clear path for gig worker development.

By focusing on targeted, industry-aligned programs, we can ensure gig workers are not just meeting current demands but are prepared for future challenges."

The study also predicts that AI and automation skills (53.57%) will be the most essential for gig workers in the next five years, followed by advanced technical skills (21.43 %) and sustainability practices (14.29%). **BMB**

NGT wants suburban rail to take green route

Tribunal takes suo motu cognisance, asks agencies to respond to fears that axing huge number of trees will have adverse consequences on city

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The National Green Tribunal (NGT) has taken suo motu cognisance of yet another threat to Bengaluru's green cover. The principal bench of the green court has taken up the matter of nearly 33K trees identified by Karnataka Rail Infrastructure Development Company Limited (K-RIDE) to give way to the Bengaluru suburban rail project. The tribunal has taken up the case based on media reports citing that this violates two important legislations in the city, the Forest Conservation Act, of 1980, and the Environment Protection Act, of 1986. "The matter relates to the planned felling of over 33,000 trees to facilitate the Bengaluru Suburban Railway Project (BSRP) by the railway infrastructure development company Karnataka (K-RIDE). The (media) article alleges that while the project is a significant step towards reducing dependence on private vehicles and enhancing sustainable mobility, the sheer number of trees proposed to be felled will have adverse consequences on the city," noted the tribunal in its order.

It also highlighted a report claiming that the suburban rail can be started in the existing railway network if proper signal automation and doubling of tracks are done.

The green court has thus impleaded Bruhat Bengaluru Mahanagara Palike (BBMP), Rail Infrastructure Development Company (Karnataka) Limited, Karnataka Forest Department, and District Magistrate of Bengaluru Urban as respondents to the proceedings and have issued notices for filing their response.

Notably, city-based environmentalists and activists raised their concerns after K-RIDE identified 32,572 trees for removal in its environmental impact assessment report. Following this, K-RIDE officials decided to consult the citizens and organised a public consultation nearly a month ago. In the days following the announcement, K-RIDE and BBMP received over two thousand objections from citizens. In their written objections, citizens expressed concerns about the 148-kilometre project and provided various suggestions for K-RIDE to implement in order to minimise the impact on the city's green cover. Bangaloreans had highlighted that the proposed felling of over 33,000 trees must be reconsidered due to its severe environmental impact. Experts state that while the project will significantly reduce dependence on private vehicles and enhance sustainable mobility, its ecological cost is very high.

Some highlight the trees proposed to be felled were planted under a compensatory plantation scheme as per records.

Bangaloreans urge reconsideration of plans to fell 33,000 trees, citing severe enviromental impact despite mobility benefits

"K-RIDE should explore alternatives like optimising existing railway network with track doubling to minimise damage – Vinod J, Namma Bengaluru Foundation

"While enhancing sustainable mobility is crucial, K-RIDE should explore alternatives like optimising the existing railway network with signal automation and track doubling to minimise damage. Compliance with the Forest Conservation Act and the Environment Protection Act is essential for sustainable development. During the public consultation on June 14, we raised objections and suggestions to minimise the impact of felling so many trees. There has been no communication from K-RIDE on how they would reduce the axing of trees at the Akkupete junction. The old records suggest it was compensatory forestry done about 20 years back and now we plan to cut those trees," said Vinod Jacob of Namma Bengaluru Foundation.

Biomining, bio-remediation to the rescue

CONTINUED FROM PAGE 1

circularity through reuse, recycle, and recovery. Approximately 40% of the waste has been processed thus far, with plans underway to initiate the second phase of operations.

Waste processing

A senior official said, "About 4 lakh metric tonnes of waste have already been processed at Mandur. However, we anticipate another nine months to complete this phase. Nevertheless, there are still 6 lakh tonnes of waste awaiting processing. We have commenced the tendering process for the second phase, receiving three bids thus far, and expect to finalise the tender soon." BSWML is seeking expertise from the Indian Institute of Science (IISc) to aid in waste processing not only at Mandur but also at Lakshmipura and Bingipura using bio-remediation methods. Bioremediation eliminates contaminants without toxic residues by using microbes that return to normal levels after degrading pollutants, making it the most effective and eco-friendly waste reduction technique. "Mandur and Mavallipura landfills are at ground level and are suitable for bio-mining. However, Lakshmi-pura and Bingipura landfills are situated within quarry pits, presenting a challenge as waste must be extracted from these pits where bio-mining is not feasible. Therefore, we plan to implement bio-remediation at these sites. We are awaiting approval from the urban development department and the state-level advisory committee, in addition to seeking expert guidance. Once approvals are secured, we will proceed with the tendering process," the official added.

KAUSHIK JN

The project

This project, claimed to be a first-of-its- kind effort in South India, aims to finish clearing the garbage within two years. As per reports, the state government has chosen to clean up the 130-acre landfill, starting with 50 acres in the initial phase and addressing the remaining 80 acres in the subsequent phase. The waste will undergo scientific segregation into recyclable and compostable materials, with hazardous waste disposed of safely and construction waste repurposed for construction materials. There are plans to allocate a section of the reclaimed land to Tirumala Tirupathi Devasthanam for a temple, while the rest will be used for public facilities. Mandur gained attention in June 2014 due to villagers' protests against garbage dumping by the Palike, led by the late HS Doreswamy. BBMP ceased dumping waste at the site in November 2014. Residents of the area say that the thorough processing of the landfill would bring them significant relief from the foul odors and smoke emitted by it. A resident living near Mandur stated, "We have endured years of coping with the landfill's unpleasant odours and smoke. Clearing the garbage has been our longstanding request. All residents are pleased with the removal of the garbage mountain and the land being repurposed for public amenities."

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Litter problem

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People keep throwing trash despite regular waste collection by the municipality. Authorities must install a CCTV camera to monitor and fine offenders in Arekere MICO Layout 2nd Stage.

Unfinished roadwork

Horamavu

Ahead of central elections, pipeline installation on Horamavu Agara Lake road left a small portion unfinished, causing potholes, waterlogging, and muddy conditions, making it difficult for commuters.

Karnataka halts its controversial job quota bill

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Following significant backlash from various industries, the Karnataka government has decided to 'temporarily hold back' a controversial job quota bill that proposed reserving 50 per cent of administrative positions and 75 percent of non-administrative positions for Kannadigas in private industries. Following a cabinet decision on Monday, strong opposition emerged from industry leaders, with some even threatening to relocate if the bill was enacted. Sources indicated that the bill was scheduled to be introduced in the Legislative Assembly this week. However, a late evening announcement on Wednesday by the Chief Minister stated that the issue would be discussed further in the next Cabinet meeting before making a final decision.

Meanwhile, neighbouring Andhra Pradesh seized the opportunity to attract disgruntled industries. AP IT Minister Nara Lokesh tweeted an invitation for industries in Karnataka to relocate to Vizag, promising top-notch facilities, uninterrupted power, excellent infrastructure, and a skilled workforce without government restrictions.

The National Association of Software and Service Companies (Nasscom) expressed its disappointment and urged the Karnataka government to withdraw the bill, warning that its provisions could reverse progress, drive away companies, and stifle startups, especially at a time when more global firms are looking to invest in the state. They highlighted that the tech sector contributes 25 per cent to the state's GDP, houses a significant portion of the country's digital talent, has over 11,000 startups, and accounts for 30% of the total Global Capability Centres (GCCs). The restrictions, they argued, could lead to a scarcity of locally skilled talent and force companies to relocate.

'The bill will negatively impact the region's leading position in technology'

Ex-Infosys director TV Mohandas Pai is one of the bill's most vocal critics, labelling it 'draconian, discriminatory, regressive, and unconstitutional.' He warned that the bill would be challenged in court, citing a similar bill in Haryana that was struck down by the Punjab and Haryana High Court. Biocon Managing Director Kiran Mazumdar Shaw also criticised the quota rule, stating that while the intention to provide jobs for locals was understandable, the rule would negatively impact the region's leading position in technology.

It may be noted that there were frequent changes to the proposed bill. On Wednesday, Chief Minister Siddaramaiah deleted his previous post on 'X' about '100 per cent reservation for Kannadigas' in private sector jobs and posted a corrected message stating that the Cabinet approved the bill to fix 50 per cent reservation for administrative posts and 75 per cent for non-administrative posts for Kannadigas in private industries and other organisations in the state. Later in the day, he tweeted again, saying that the bill was held back temporarily.

Up & over: Flyover open, Metro services awaited

South India's first double-decker signal-free flyover is now open to public; driverless Metro services on top pier will commence by year's end

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

South India's first double-decker flyover is now accessible to vehicular traffic; however, the yellow-line Metro trains, scheduled to operate on the topmost pier, are slated for commissioning by the year-end. With a minimum of eight train sets at a headway of 15 minutes initially, these will be the first driverless Metro trains for Bengaluru. The major civil and system works are complete, and currently prototype testing of the new rolling stock is in progress, said Bengaluru Metro Rail Corporation Limited (BMRCL) officials.

So far, BMRCL has completed a successful driverless metro trial on the RV Road-Bommasandra route, with signalling tests to be conducted in stages, followed by distance and electrical tests. The 18.82 km RV Road-Bommasandra route will host trains on the yellow line. A safety inspection and subsequent report will follow the completion of all tests, with operations commencing only after approval from the Central Railway Safety Commissioner.

The eagerly anticipated driverless metro train arrived in Bengaluru in February, manufactured by a Chinese company that has an agreement to supply 216 coaches (36 train sets) for this route through Titagarh Wagons. Although the company pledged to deliver six bogie trains (two sets) by August 2023, only one set has arrived so far, with the remaining 34 trains to be supplied by Titagarh Company. Of the 216 coaches, 126 are allocated for the Purple and Green lines, and 90 for the Yellow line. If six train sets are delivered, the metro line is expected to be operational by the end of this year. A senior Metro official said, "Testing is currently underway. Once completed, we will send a proposal to the Railway Board for technical sanction, followed by safety trials conducted by the Commissioner for Railway Safety. We hope to open for commercial operations by the end of this year. We conduct comprehensive testing for prototype trains, with minimal testing for subsequent sets. Every month, we will receive two train sets from Titagarh, and we plan to launch operations with five or six train sets."

The newly inaugurated flyover reduces travel time by more than 30%

> **We plan to launch operations with five to six train sets. If six sets are delivered, Metro's Yellow Line is expected to be operational by end of this year**
>
> – Senior Metro official

A BMRCL official added that this elevated metro corridor extends from RV Road to Bommasandra, covering a length of 19.15 km and featuring 16 stations. The estimated cost for this development is Rs 5,745 crore. "The Reach 5 line will have interchange stations at Rashtriya Vidyalaya Road with the Green line, Jayadeva metro station with Reach 6 (Kalena Agrahara to Nagawara), and Central Silk Board metro station with Phases 2A and 2B (Central Silk Board to Kempegowda International Airport). Notably, the Jayadeva Metro Station, located at Jayadeva Junction, is an iconic interchange station that includes a road underpass, road flyover, Reach 5-line metro platform, concourse at the mezzanine, and Reach 6-line metro platform."

Double-decker flyover

Meanwhile, the double-decker Rail-Road flyover, spanning from Ragigudda to the Central Silk Board, was inaugurated on Wednesday. Built at a cost of Rs 449 crore, it stretches over a length of 5.12 km and provides signal-free travel from Ragigudda to HSR Layout and Hosur Road, reducing travel time by more than 30 per cent. "The ramps from HSR Layout connecting to the road flyover towards Ragigudda and BTM Layout are still under construction and are expected to be commissioned by June 2025," added a BMRCL official.

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Hiring process is on, say KFD officials

CONTINUED FROM PAGE 1

vacancies points to the apathy of the state government in protecting our forests and wildlife. Forest watchers are frontline personnel who guard our forests against activities that endanger the forest and its inhabitants and pose a threat to the forest ecosystem such as forest fires, wildlife poaching, timber smuggling, etc.

"Forest watchers, though at the lowest rank in the department, are the foot soldiers and form the most important workforce. They patrol on foot and play an important role in anti-poaching camps by reporting any untoward incidents such as the smuggling of timber or poaching of wildlife.

Thus, so many vacant positions of full-time forest watchers deployed by KFD will surely hurt the protection and conservation activities," said a city-based wildlife conservationist.

Recruitments going on

KFD officials informed BM that the recruitment of forest watchers in phases is going on.

"We have almost completed the recruitment process of 310 watchers and 300 of them will be joining us soon.

As we speak, their document verification process is going on. We are recruiting people in phases as filling up all vacancies at one go will exert a lot of pressure on resources. Moreover, all incumbents are required to have at least two promotions.

This will not be feasible given all vacancies are filled simultaneously. So it is important that hiring is done in batches," said Brijesh Kumar Dikshit, Principal Chief Conservator of Forests and Head of Forest Force, KFD.

Some wildlife activists have highlighted that the department's decision to bring in regular staff based on educational qualifications is proving to be discriminatory against the temporary forest watchers that have been hired through private agencies over the last many years.

"The department has outsourced nearly 500 forest watchers through a private agency. They are hired on petty cash as temporary watchers. Some of them have been serving the department for more than a decade. However, since new watchers are being hired as regular staff, the plan is to oust the temporary watchers.

Lack of educational qualification is the reason that the department and the government cite to replace them. However, group D staff has gathered invaluable knowledge through their years of experience.

The government must put aside the educational qualification criteria for selective experienced temporary watchers and bring them in as regular staff," said Joseph Hoover, former State Board of Wildlife member and founder of the United Conservation Movement and Charitable Trust.

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1. Original Sale Deed Dated 15.03.1996 for the property, Conveyed by the Bangalore Co-operative Housing Society Limited in favour of Mr. M.R. Sathyaraj Vide registered Document No. 14979/1995-96 in Book I of Volume 1646 at page Nos. 73-75, and registered before the Senior Sub-Registrar, Kengeri,

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Too busy to celebrate
Actor Junaid Khan is already busy with his next project and is finding it difficult to squeeze time for celebrations that his family is planning for the success of his debut film Maharaj

SANDALWOOD SHOTS
Y MAHESWARA REDDY

For Gowri

Veteran music director Hamsalekha released two songs of the film Gowri in which Indrajit Lankesh's son Samarjit plays the lead. A function was held to release the songs and also to cut a cake to celebrate the 20 years of the movie Monalisa that was directed by Indrajit Lankesh. Dhyan and Sadha, the lead pair, were present on the occasion. Dhyan, Sada, and dialogue writer BA Madhu shared their experience during the shooting of Monalisa two decades ago.

Hamsalekha said that cinema and music are interconnected and it would be difficult to make a movie without music. "I am happy to know Indirajit Lankesh, known as a stylish director, has handled the megaphone for this movie. He is also introducing his son as a hero through this movie. The

song released by me is dedicated to the late Gowri Lankesh," said Hamsalekha.

Indrajit Lankesh said the movie Gowri has seven songs. "I wanted to release the song of this movie by Hamsalekha as the movie Gowri is a music-oriented flick. One of the two lyrics was written by Kaviraj and the other song was by K Kalyan. The Regional Board of Film Certification gave a U certificate for this movie. We are making arrangements to release it on August 15," said Indrajit Lankesh. Samarjit said the time has come for making his dream come true. "I want to thank my father and the entire team of the movie," he said.

For youth by youth

Director-cum-producer BR Rajasekhar is on cloud nine the release date of his latest movie Bank Benchers is approaching. Rajasekhar has decided to screen Back Benchers at multiplexes across the state. It is scheduled for release on July 19.

"I am confident of its success at the box office. It is a different story that audiences can connect with and relate to. Youth would become nostalgic of their college days while watching it. The movie can transport parents to their college days. It is full of fun," said Rajasekhar.

He said his daughter has motivated him to make this movie. "My daughter likes the Hindi movie 3 Idiots. She told me that I would be a successful director if I make a movie that meets at least 10 percent of the quality of that film. I took it as a challenge and made this movie. She, an MBA student, has also played a small character in the movie. The shooting of the movie was held for 20 days at the college where my daughter

is pursuing MBA," he said.

Recalling the struggle to build a team for this movie, he said he selected around 40 prospective actors among the 600 people who attended auditions. "I am very happy with their dedication and commitment. They worked on the script and wrote dialogues and also did the choreography. I hope the movie, a fun ride, will attract more footfalls to theaters," he said. The movie features Jatin Arya, shashank Singh, Ranjan Narasimha Murthy, Akash, Manoj Shetty, Manya Gouda, Anusha Suresh, and Namitha Gouda.

Mantra to survive B-Town

Actor Jim Sarbh, known for his riveting performances in films like Neerja and Padmaavat, recently peeled back the curtain on the glitzy world of Indian showbiz. In an interview on Suchin Mehrotra's The Streaming Show, the versatile actor shared candid insights about the industry's underbelly, advising young actors to master the art of deception.

Jim Sarbh's journey began in 2014, and with his second big-screen outing in Neerja, he catapulted into the limelight. But behind the scenes, Sarbh grappled with the harsh realities of showbiz. "Don't get angry," he cautioned, reflecting on his early days. The industry's unpleasant surprises left him bewildered, hurt, and disappointed.

Having also worked in Hollywood, Sarbh's frustration grew. "It made me very angry," he confessed. Jim Sarbh, at the age of 36, revealed that he had found equilibrium. His advice to aspiring actors was to "lie, lie a lot." He acknowledged that while there was some honor in telling the truth, even if it appeared angry, the reality was that "no one gives a s**t." According to Sarbh, people preferred a more pleasant version of the truth, prompting him to adapt and navigate the industry with finesse. Sarbh also shed light on the unequal treatment meted out to main actors versus side artists. "If I had to go back," he quipped, "I'd say, 'Listen, you weren't able to say what you wanted to say in a kinder way—just lie. Lie. Forget it…'"

Jim was recently nominated in the Best Performance by an Actor category for his role in Rocket Boys.

-ETimes

Age of grace

Tabu says she is not open to play 30-year-old anymore

Tabu, who is preparing for the release of her upcoming film 'Auron Mein Kahan Dum Tha' with Ajay Devgn, recently recalled how age-appropriate casting was the norm back in the day and it's only recently that older actors have begun to play young characters on screen.

During her conversation with News 18, Tabu stated that in the past, before the concept of de-aging existed, different actors would play the younger versions of protagonists.

Once the characters grew up, they became iconic actors like Dharmendra or Dilip Kumar. She believes that with the current film, they are continuing that tradition.

The actor, known for her roles in 'The Crew' and 'Drishyam', also mentions that, unlike her male contemporaries, she no longer wants to play the role of a young woman onscreen. When asked if she still receives offers for such roles, the senior actress added that she would refuse them as she does not think she would be open to playing a 30-year-old anymore. She candidly admits that she has no option but to embrace her age.

'Auron Mein Kahan Dum Tha' features star-crossed lovers who reunite after 22 years, with Shantanu Maheshwari and Saiee M Manjrekar playing their younger versions. When Tabu learned about this casting choice, she felt relieved. She explains that her first question to director Neeraj Pandey was about the younger parts, and upon hearing that different actors would play those roles, she felt fine.

Tabu believes that sometimes de-aging actors can look gimmicky, especially if the audience is aware of their actual age. Tabu further added that the audience has seen how they look at present. However, the suitability of older actors playing younger roles depends on the film and its context. In some cases, it can work well and not seem jarring to the audience, but for 'Auron Mein Kahan Dum Tha', they did not require it, and it worked better that way.

-ETimes

Stunning couple

Deepika Padukone and Ranveer Singh stole the show at Anant Ambani and Radhika Merchant's wedding ceremony, looking every bit the royal couple. The event saw Ranveer, who was part of the groom's baaraat, getting the guests dancing to the peppy beats of the live performances.

After the nuptials, the couple posed for a few pictures together for the wedding photographers who were taking candid shots of the many celebrity guests. Deepika, heavily pregnant with their first child, was radiant with joy, posing with one arm around her husband.

Dad-to-be Ranveer, turned the regular shoot into a maternity shoot of sorts, by gazing lovingly at Deepika.

The couple's love-filled moments left the photographer in awe. In an Instagram post, Deepak Patel wrote, "Grateful for the opportunity to shoot such an inspiring couple! Their love shines through every frame. Beautiful Couple At Anant and Radhika Wedding. Shot for @epicstories.in."

-ETimes

Self and other

Oscar-winning star Natalie Portman says she likes to stay away from characters that reflect her own life because she can then explore more on screen.

The 43-year-old actress told US TV show 'Extra': "I don't really like to compare my own self to a character because I actually make a big effort to choose characters who have very different experiences to me."

She likes to reserve the real-life experience for her life off-screen. "If it's something that I live in my own life, I prefer to reserve that for real life and try things that I wouldn't do in my own life and I think that was quite different and it was interesting to explore that well of frustration that explodes and goes over the top because she's been holding in for so long," Natalie said, reports femalefirst.co.uk. The actress' latest work is 'Lady in the Lake', where she plays a journalist Maddie Schwartz. The series traces her character as she tries to solve the mystery behind the murder of a black bartender and a Jewish girl.

Portman recently shared if her life had not gone in the entertainment direction, she would have liked to have followed in the footsteps of primatologist Dame Jane Goodall.

-IANS

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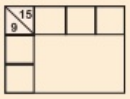
SOLVE IT IN A MINUTE

The product of three integers is -70 and their sum is 0. What are the 3 integers?

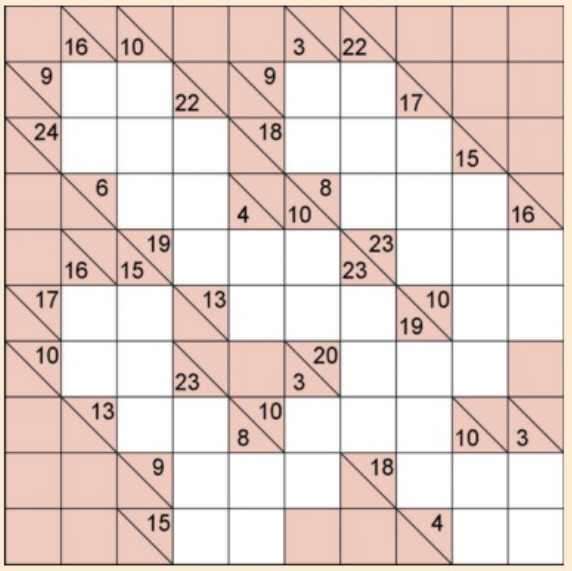
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

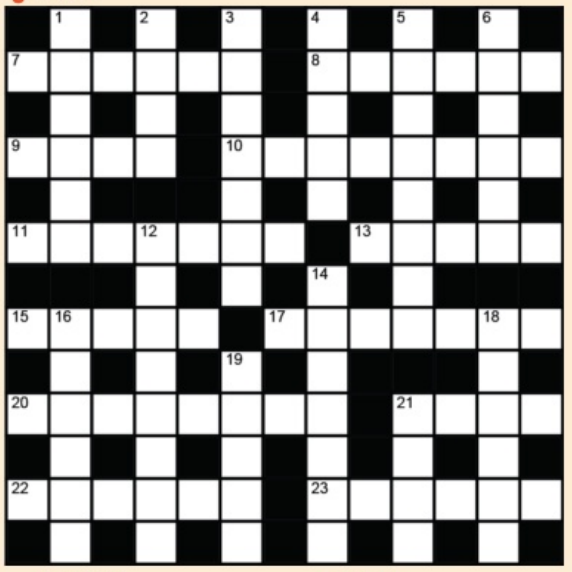


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 European country (6)
8 Expenditure (6)
9 Musical work (4)
10 To be paid for later (2,6)
11 Pays a surprise visit (5,2)
13 Bone prefix (5)
15 Fencers fine-pointed swords (5)
17 Unfair treatment (3,4)
20 Tipu Sultan's father (5,3)
21 Rage (4)
22 Rough or bumpy (6)
23 Gives a large amount as grant or gift (6)

DOWN

1 More profound (6)
2 Flows back (4)
3 Oil from wool (7)
4 Bungle or blunder (5)
5 Emphasised (8)
6 Local inhabitant (6)
12 Keep intact (8)
14 Sailor (7)
16 Peering, being nosey (6)
18 Archer's missiles? (6)
19 Intimidate or try to cow down (5)
21 Become faint (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS G

LVI HUPL YHEUOLSTL LVYTD LVSL ESOITLP FST LISFV LVIYO FVYQZOIT YP VUR LU DIL SQUTD RYLVUXL LVIH.

Linemaro

Let's commit the perfect crime: I'll steal your heart and you steal mine

Mindchow

There's nearly always method in madness. It's what drives men to madness: Being methodical

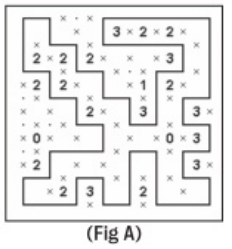
Joke of the day

Q: What did zero tell eight?
A: Nice belt

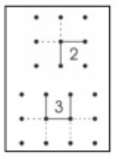
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

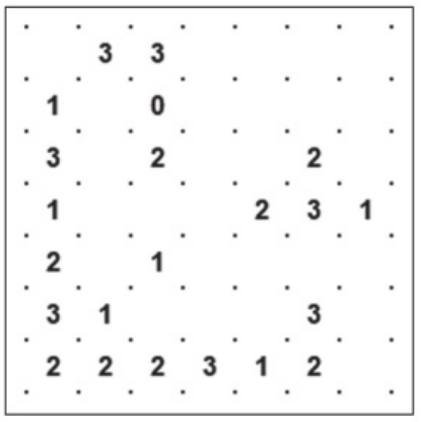


(Fig B) Not Allowed

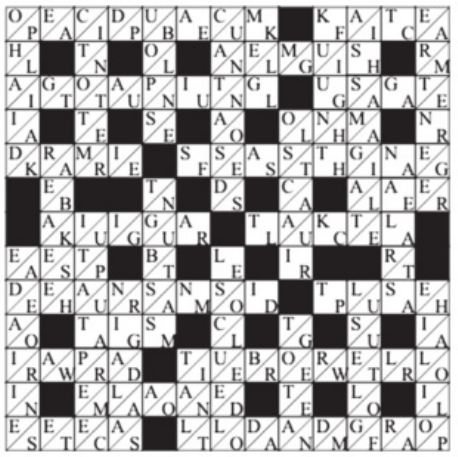
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



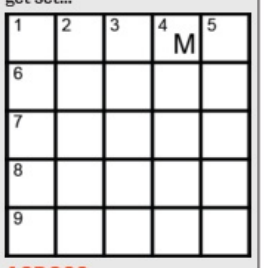
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 I a mum; 6 No lad; 7 Peg do; 8 Mean E; 9 Glary

DOWN

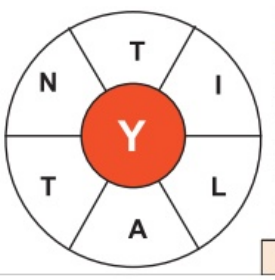
1 Up gen; 2 Yon mo; 3 Dared; 4 Gamma; 5 Leal I

Mensapuzzle

Find the 12-letter word hidden in the grid on the right

A	E	G
V	A	X
A	T	A
R	Z	N

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

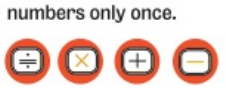
SudokuChallenge

6				9		7		3
		8	6					
2					1		6	
		2		1			9	
3			4	5	9			2
	1			8		6		
	4		7					5
					8	1		
8		7		3				9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



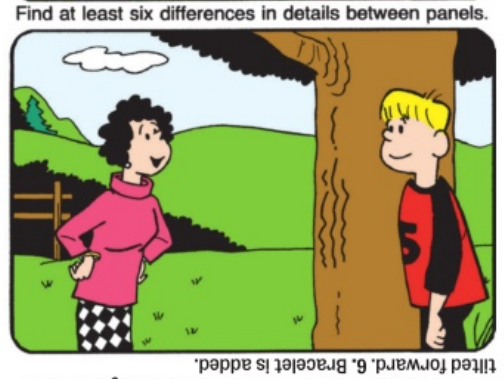
Easy = 8
1 5 6 8

Medium = 3
1 3 6 7

Hard = 45
3 5 9 3

Hocusfocus

Find at least six differences in details between panels.



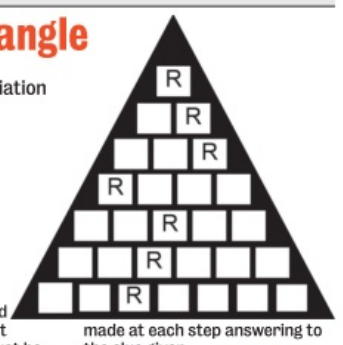
Differences: 1. Hair is different. 2. Sleeve is longer. 3. Hill is added. 4. Rail in fence is moved. 5. Boy's head is tilted forward. 6. Bracelet is added.

Riddler

What are the next three in this sequence:
21F11F01F9F ==?==

Alpha triangle

1 18th letter
2 Infra-red abbreviation
3 Evergreen
4 A split
5 In the lead
6 Dissension
7 Excess

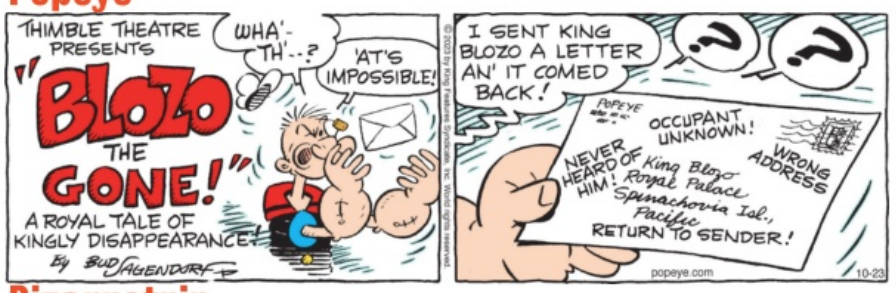


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

SO ALL OF THIS IS GOING TO BE GOING AWAY, MITCH.
HOW WERE YOU EVER ABLE TO KEEP TRACK OF IT ALL?
I KNEW IT BY HEART!
BATTLIK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy with family and social events. You may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money on buying some artefacts and other things that will improve your social status. You may hear some good news from one of your close relatives.

Taurus Apr 21 – May 20
Today, your vital force seems to be good; it may help you complete difficult projects easily. Disputes with the siblings may be settled, which may boost your relationship with them. You may expand your network after a short work-related trip. You may also help some needy people, which may increase your social status.

Gemini May 21 – Jun 21
Today, you may feel dull, and you may have some health issues as well. Your old disease may reappear. You are advised to avoid adventure tours or rush-hour driving. You may have some conflicts with your work partner, so avoid making important business decisions. Investments in business or work are advised to be postponed. By late evening, things may be under control.

Cancer Jun 22 – July 23
Today, your internal power may make you happy; you may make short-term gains in terms of investments. You may have a good relationship with your boss, and you may have some promotions. Your prestige in society may be increased. You may also expect some work-related travel.

Leo Jul 24 – Aug 23
Today is a favourable day. You are enthusiastic today, and your focus is good in terms of business and work. If you are dedicatedly performing the given task, you may expect some promotions in your job. Your boss may be in your favour in terms of work-related decisions. There may be some visits to religious places. It is advised to avoid ego and arrogance in your love life.

Virgo Aug 24 – Sep 23
Today, you may feel dull because of a lack of proper rest. Your arrogance may cause some disputes with your spouse, which may affect your domestic life harmony. Investors are advised to avoid making new investments in risky assets. Students are advised to focus on their studies. Lovebirds should keep a healthy distance in their relationships.

Libra Sep 24 – Oct 22
Today, you are advised to keep your patience. Overworking may make you tired. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may be converted into non-performing assets. Students are advised to work hard. You may have back aches, nervous system issues, lever-related issues, and skin issues.

Scorpio Oct 23 – Nov 22
Today is a good day for you. Investors may make good gains in their investments, which may boost their financial health. Money that was stuck may be recovered, which may increase liquidity in the business. You may become confident and gain control over hidden enemies and opponents. Singles will likely find their match in the same field or workplace.

Sagittarius Nov 23 – Dec 22
Today, you may perform your best at work. You may have good bonding with the seniors, and you may get some new responsibilities in terms of promotions. Chronic health issues may be cured now. You may get good reciprocation for your work as well. Disputes with the siblings may be resolved now. Job seekers may find new jobs.

Capricorn Dec 23 – Jan 20
Today, you may be busy with your kids' academics; you may also plan for their higher studies. Couples may hear good news in terms of kids. You may want to update yourself and make some plans for higher studies to get promoted in your current job. Singles may find their soulmates.

Aquarius Jan 21 – Feb 19
Today, you may be escaping from reality; you may not be able to take on your responsibilities. Your investments may cause you some losses, and you are advised to read documents carefully before putting your signature on them. Elderly health may make you upset. You may plan to reconstruct your house; it is advised to postpone renovation for a while.

Pisces Feb 20 – Mar 20
Today, you may help needy people, which may increase your social respect. You are advised to avoid stress today; otherwise, stress can affect both your professional and personal lives. You may also put your best effort into your work, resulting in it being completed before time. You may hear some good news from your sibling(s). Overworking may make you tired. You are advised to practice meditation and fasting.

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SOLUTIONS

SOLVE IN 1M
2*5*(-7) = -70
2+5+(-7) = 0

BULL'S EYE
Inlay, Ittany, NATTILY, natty, tiny

STRIKE OUT

P	A	I	D	B	A	C	K	F	A	C	E	M		
I	E	E	O	O	H	M	R							
A	T	T	U	N	I	N	G	G	A	G	E			
L	N	O	A	E	G	I	S	T	I	N	G			
D	A	R	E	F	E	A	S	T	I	N	G			
B	T	S	C	L	E	E								
A	U	G	U	R	T	A	K	E	A					
A	S	P	B	E	R	R								
D	H	A	R	A	M	S	I	P	U	S	H			
O	T	I	S	C	T	S	A							
H	Y	D	E	R	A	L	I	F	U	R	Y			
E	P	E	E	S	R	A	W	D	E	A	L			
D	R	O	P	S	I	N	O	S	T	E	O			
O	P	U	S	O	N	C	R	E	D	I	T			
S	E	R	B	I	A	O	U	T	L	A	Y			
U	N	E	V	E	N	E	N	D	O	W	S			
G	E	T	R	E	S									

QUICK

S	E	E	S	T	O	A	N	D	F	R	O			
N	E	L	A	N	D	E	O							
R	A	R	A	T	U	B	E	W	E	L	L			
O	T	I	S	C	T	S	A							
D	H	A	R	A	M	S	I	P	U	S	H			
A	S	P	B	E	R	R								
A	U	G	U	R	T	A	K	E	A					
B	T	S	C	L	E	E								
D	A	R	E	F	E	A	S	T	I	N	G			
I	E	E	O	O	H	M	R							
A	T	T	U	N	I	N	G	G	A	G	E			
L	N	O	A	E	G	I	S	T	I	N	G			
M	A	I	D	B	A	C	K	F	A	C	E			

FAST FIVE

U	M	A	M	I
N	O	D	A	L
P	O	D	G	E
E	N	E	M	A
G	Y	R	A	L

RIDDLER
8 F F: from the function keys on a computer keyboard. Starting with F12, F11, F10 and then read backwards.

MENSA PUZZLE
The hidden word is Extravaganza

QUOTE UNCODE
The most important thing that parents can teach their children is how to get along without them.

SUDOKU

6	5	1	8	9	4	7	2	3
7	9	8	6	2	3	4	5	1
2	3	4	5	7	1	9	6	8
4	8	2	3	1	6	5	9	7
3	7	6	4	5	9	8	1	2
9	1	5	2	8	7	6	3	4
1	4	9	7	6	2	3	8	5
5	2	3	9	4	8	1	7	6
8	6	7	1	3	5	2	4	9

ALPHA TRIANGLE
R, IR, Fir, Rift, First, Strife, Surfeit.

GO FIGURE
Easy
8 – 5 – 1 + 6 = 8
Medium
3 + 7 – 6 – 1 = 3
Hard
3 / 3 x 5 x 9 = 45

LOOP

KAKURO

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MARUTI SUZUKI AUTHORISED DEALERS: BENGALURU: RNS MOTORS: YESHWANTHPUR, BOMMANAHALLI, NELAMANGALA: 9538925024. **SURAKSHAA CAR CARE:** ELECTRONICS CITY, KORAMANGALA, BANGARPET, ATTIBELLE, SRINIVASAPURA, HAROHALLI, CHIKKATHIRUPATHI: 8884442299. **VARUN MOTORS:** MALLESHWARAM, HEBBAL, INFANTRY ROAD, RAJANAKUNTE, MANCHANAHALLI: 7899100200. **BIMAL:** ITPL ROAD, YELAHANKA, BANASHANKARI, VARTHUR, DOMLUR, HOSKOTE, CHIKKABALLAPUR, DEVANAHALLI, BAGEPALLI, SIDLAGHATTA, VIJAYPURA, H CROSS, BUDIGERE, GUDIBANDA, HESARGHATTA, PERASANDRA, NARASPURA, KGF: 080-30693069. **KALYANI:** MYSORE ROAD, BANNERGHATTA ROAD, NAGARBHAVI, BANASWADI, LALBAGH, RAMANAGARAM, CHANNAPATNA, KANAKPURA, BANNERGATTA, BIDADI, DABASPETE: 9590990011. **KATARIA:** KANAKAPURA ROAD: 7899040000. **MANDOVI:** BASAVANAGUDI, ST JOHNS ROAD, BASAVESHWARA NAGAR, YELAHANKA, MALUR, KOLAR, GOURIBIDNUR: 9740030077. **PRATHAM:** HSR LAYOUT, BELLANDHUR, ANEKAL, MAGADI, CHINTAMANI, MULBAGAL, DODDABALLAPUR, SARJAPUR VILLAGE, TEKAL, MASTI: 9591991199. **TUMKUR: SAKETH:** TUMKUR, CHITRADURGA, TIPTUR, KUNIGAL, GUBBI, HOSADURGA, CHALLAKERE: 9980211099. **HUBLI: REVANKAR MOTORS:** HUBLI, HAVERI, DHARWAD, RANEBENNUR, YELLAPUR: 8792008306. **RNS MOTORS:** HUBLI, GADAG, SIRSI, HALIYAL, DHARWAD, HONNAVAR: 88612 08977. **KARWAR: BHARATH:** KARWAR, KUMTA, ANKOLA, BHATKAL, SIDDAPUR: 9448934930. **MURDESHWAR: RNS MOTORS:** MURDESHWAR: 88612 08977. **BELGAUM: SHANTESHA:** BELGAUM, CHIKODI, GOKAK, ATHANI, KITTUR, SAVADATTI: 8884474890. **GULBARGA: LAHOTI MOTORS:** GULBARGA, BIDAR, YADGIR, JEWARGI, BASVAKALYAN: 94808 25000. **BIJAPUR: RNS MOTORS:** 88612 08977. **BAGALKOT: VIJAY MOTOWINGS:** BAGALKOT, MUDHOL: 94836 31800. **BELLARY: KPF PRIVATE LTD.:** BELLARY, KOPPAL, SINDHNUR: 9449876000. **HOSPET: MUNEER CARS:** HOSPET, RAICHUR, GANGAWATHI, LINGSUGUR, HB HALLI, SIRUGUPPA: 94498 70763. **MANGALORE: MANDOVI:** MANGALORE, SULLIA, SURATHKAL, UPPINANGADY, B C ROAD, KADABA, VITTALA, NARAVI: 9880079240. **BHARATH:** MANGALORE, PUTTUR, BELTHANGADY, UJIRE, MOODBIDRI, MULKY, THOKOTTU, MADYANTHAR, NELYADI, BAJPE: 9886746530. **UDUPI: ABHARAN:** UDUPI, KUNDAPUR, KARKALA, BYNDOOR, HEBRI, PADUBIDRI: 98802 32777. **SHIVAMOGGA: SHRUTI:** CHIKMAGALUR, KADUR, MUDIGERE, NARASIMHARAJAPURA: 7337850412. **SHRUTI:** SHIVAMOGGA, SAGAR, THIRTHAHALLI, BHADRAVATHI, SORABA: 8858585585. **SHREE LAKSHMI:** SHIVAMOGGA 7619278999. **MYSORE: MANDOVI:** MYSORE, MANDYA, MADDUR, KR PET, CHAMRAJNAGAR, GONIKOPPAL, KUSHAL NAGAR, SOMWARPET, NAGAMANGALA, T NARSIPURA: 9108731263. **KALYANI MOTORS:** MYSORE, NANJANAGUDU, GUNDLUPETE, MADIKERI, PERIYAPATTANA, HUNSUR, K R NAGAR, H D KOTE: 9590960011. **HASSAN: VENKAT MOTORS:** HASSAN, SAKALESHPUR, ARSIKERE, BELUR, CHANNARAYAPATNA: 9008501445. **DAVANGERE: SHRUTI:** DAVANGERE, CHANNAGIRI: 9845399167. **CHITRADURGA: SAKETH:** 9980211099.

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